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ABSTRACT

Most parents want to prepare their adolescents for sexual relationships, but find it difficult to discuss sex with their teenagers. This books aims to help families improve communication and presents in a short-story format, factual information on sexuality. It is intended as an introduction to the subject of sex and as a quick reference tool for parents and their young adults. It answers common questions asked by parents and teenagers and tries to diffuse the emotional volatility evident in these kinds of exchanges. The book unfolds in two parts. Part 1, "Talking about it," addresses communication needs and includes activities to promote family discussions. Part 2, "Towards a healthy sexual future," examines female health matters, contraception, teenage pregnancy, health, sexual difference, and tips on obtaining suitable books and teaching materials. Some of the specific topics covered in this book include abortion, adoption, AIDS, birth control, breasts, sexually transmitted diseases, contraception, erections, hepatitis, homosexuality, hormones, infertility, masturbation, family planning, oral sex, the penis, relationships, self-esteem, and the vagina. A list of materials for future reference and an index are included. (RJM)

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